



Competitive Member Resource Guide



August 2020

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1. Introduction to Sudbury SYNCHRO Swim Club Competitive Program

The Club Member Resource Guide will provide you with important information about our Club's mission, communication, structure & composition, volunteer requirements, member expectations, and our competitive program. This companion guide supports additional documentation posted on our website www.sudburysynchro.com. Please visit the website regularly for dates and upcoming events.

Artistic swimming is a sport that offers total body physical fitness with a focus on flexibility, strength, endurance and explosive power. Body awareness and control are developed through training which lends itself to improved coordination and physical abilities in all sporting ventures. The athletes work together towards accomplishing shared goals while encouraging their teammates to reach their personal best.

Artistic Swimming develops a high level of physical fitness. Our athletes are challenged at practice through rigorous physical activity. The athletes develop team and Club spirit. They develop poise and confidence as they gain experience. It is the sincere belief of the Sudbury Synchro Swim Club that time management, dedication, hard work, competitiveness, self-confidence, discipline and good sportsmanship are fostered in each athlete. These qualities are of great value as "life skills" after the athlete has retired from the sport.

2. Club Communication

2.1. WEBSITE

Members are responsible for checking our website www.sudburysynchro.com on a regular basis. Our website has important information about the competitive program (for example: monthly practice calendars, events, meets, etc.).

If you wish to have an announcement posted on the website, please forward to the Club President president@sudburysynchro.com for review and approval.

2.2. CLUB E-MAILS

All guardians must sign the "Agreement to Receive Electronic Communications" form, available on the [Resources and Forms](#), page upon registration. This agreement will allow Sudbury Synchro Swim Club to provide newsletters, promotions, program and event information.

Once teams are formed in early September, the Athlete Coordinator will create team contact lists. These will be shared with all team members via each team's coach. These lists are strictly for Club use. Club emails will be sent from the Club President or Head Coach to members. All emails for distribution to the Club must be approved by the Club President or Head Coach. Individual team coaches may also send emails directly to their team parents and/or athletes.

2.3. EXECUTIVE COMMITTEE (EC)

Members of the Executive Committee are often at the pool during Club practices. If you have any questions regarding specifics of the Club, such as clothing, upcoming travel or events, etc., please speak directly to an Executive Committee member.

Member feedback is encouraged, so please feel free to approach the athlete coordinator novice@sudburysynchro.com if you have any questions or comments about Club policies or decisions.

3. Sudbury SYNCHRO Swim Club Mission

3.1. MISSION STATEMENT

Enhance the physical, social and emotional development of our athletes through, participation in artistic swimming as a team sport and develop programs to meet the needs of athletes with varied levels of ability and commitment.

Believe and Achieve!

Recreational Program:

Introduces the fundamentals of the sport of artistic swimming to newcomers in a positive and fun environment with the intention of developing a love of artistic swimming to develop future novice competitive and competitive athletes.

This program will also allow for coach development and help to identify coaches with the potential to progress to future novice competitive and competitive coaches.

Novice Competitive Program:

Maximizes the development of novice competitive athletes, builds on existing fundamentals and strives to improve basic skills of artistic swimming all the while allowing for a progression of the athletes' abilities and an introduction to competitions.

The novice competitive program will ensure the development of teamwork and discipline, as well as respect for, and sportsmanship towards, athletes and coaches.

Competitive Program:

Maximizes the development of competitive athletes and develops the love of sport for life. Increased focus on technical skills through mandatory extra figures training as determined by the Head Coach.

This program will ensure the development of teamwork and discipline, as well as respect for, and sportsmanship towards, athletes and coaches. The competitive program will develop leadership skills in our athletes and encourage long-term coaching potential.

3.2 CLUB POLICY DOCUMENTATION

3.2.1 Club Commitment Agreement

All parents sign the [acknowledgment form](#) found at the end of this handbook or on the website, attesting that they have read and understand the content, at the beginning of the season. This handbook outlines the importance of attendance, training hours and commitment to the coaches, fellow athletes and Club.

3.2.2 Conduct policy

All athletes review and sign the Ontario Artistic Swimming Conduct Policy and Ethics policy with the coaches at the beginning of the season. The purpose of the Code of Conduct is to ensure a safe and positive environment within the Sudbury Synchro Swim Club by making athletes, parents and coaches aware of the expectation of appropriate behavior, consistent with the values of the Club and Provincial Sport Organization. These expectations apply to both personal interactions and interactions in social media.

3.2.3 Sudbury Synchro Swim Club Expectations of Athletes:

- Act as a representative of the Sudbury Synchro Swim Club at all times when on deck, attending a competition or other club event.
- Practices are **not** optional. An athlete may not be absent without notifying the team coach.
- Athletes must come to every practice prepared, eager and willing to work hard and learn new skills.
- More experienced athletes are expected to mentor, give help and encouragement to less experienced athletes.
- Athletes are responsible for sharing all Club information that their coach may give them at practice with their parents or guardians.
- Athletes (or, for younger athletes, their families) should be checking website or emails frequently.
- Athletes are required to support all other athletes and coaches within the Club.
- Athletes must respect their coaches' decisions. Any concerns with regard to a coaching decision should be discussed with the coach first and then brought to the attention of the Head Coach if needed.
- As representatives of the Club, athletes must be appropriately dressed in full Club tracksuit (unless told otherwise) and model best behavior at all competitions and Club-related events.
- Athletes must observe proper sports etiquette. A Sudbury Synchro athlete:
 - *supports teammates to help them achieve goals;*
 - *considers how something will affect the team, rather than themselves;*
 - *knows that a team is only as strong as its ability to work together with the coach and all members of that team;*
 - *is never rude or disrespectful to teammates and coaches;*
 - *swims for the success of the team and not for individual glory;*
 - *swims for the love of artistic swimming;*

- *cheers on and supports teammates and Club mates at competitions and in practices.*

3.2.4 Sudbury Synchronised Swim Club Expectations of Parent Members:

- Act as a representative of the Sudbury Synchronised Swim Club at all times when at a practice, competition or other club event.
- Respect and govern yourself according to the general principles of Ontario Artistic Swimming Conduct Policy.
- Encourage good sportsmanship by demonstrating positive support for all participants, coaches, officials, other parents and spectators at every practice, competition and event.
- Never ridicule or yell at your athlete or other participant for making a mistake, having a substandard performance or not winning a competition.
- Emphasize skill development and wellbeing (physical and emotional) over winning.
- Give support and encouragement to all athletes, coaches and parents.
- Not speak ill of an athlete, coach, official or club volunteer in a public setting or on any form of social media.
- Support the coaches and allow them to do their job by not coaching your athlete or other athletes during practices or competition (unless acting in an official coaching capacity).
- Act as support for your athlete.
- Ensure that your athlete arrives with sufficient time to prepare and commence practice on time.
- Ensure your athlete has all necessary equipment at each practice.
- Try to arrange your family schedule so that your athlete is able to balance their school, work and sport.
- Support your athlete with the completion of home activities (eg. land drill and flexibility training) as requested by the coach.
- Check your emails and website frequently and reply when requested to do so.
- Remember that all parents working on behalf of the Club are volunteering their time for the benefit of **ALL** athletes
- Take an active role in the Club (volunteering is required).
- Attend AGM and PAC meetings.
- Pay fees on time.
- Provide the Coach and Registrar with any change to contact information or change of address as soon as possible.

Any concerns must be addressed in a non-confrontational manner with the coach, Head Coach or club Executive Member. Please contact the appropriate member to arrange for an agreed upon time and location to discuss your concern(s) calmly, privately and at an agreed upon time and place.

Violations to this Code of Conduct may be subject to disciplinary action that could include one or more, but not limited to the following:

- Verbal warning by a member of the Sudbury Synchronised Board
- Written Warning

-Parental suspension from practice and/or competition with written documentation of incident kept on file by the Board.

Each competitive and novice competitive team will be responsible for organizing a Sudbury Synchro event (i.e. Burning Bright, Christmas Water Show, Year-end Banquet, Try Synchro, Fundraising initiatives etc.). Parents are required to sign-up for their athlete's team event and volunteer the required time to ensure the event runs smoothly. The team events will be distributed to the teams at a PAC meeting.

4 Concussion Awareness Resources

All new and returning athletes, including the parents of athletes under the age of 18 years, are required to review the Ontario Artistic Swimming Concussion Guidelines. Your signature on the "Member Resource Guide" will include confirmation of review of the "Concussion Awareness Resource": <https://ontarioartisticswimming.ca/about/concussion-resources/>

5 COVID Resources

Due to the ever changing and updating parameters relating to COVID-19 the Sudbury Synchro Swim Club will provide a separate resource for parents and athletes relating to all COVID-19 parameters and requirements. All Club resources and guidelines will be consistent with those required of Ontario Artistic Swimming as well as the facilities with which we train.

6 Sudbury SYNCHRO Club Structure and Volunteer Roles

6.1 NOT-FOR-PROFIT ORGANIZATION

Sudbury Synchro is a Not-for-profit organization **run by parent volunteers**. Members of the Executive Committee are elected for 2-year terms in the spring.

An Annual General Meeting (AGM) is held every season and within 15 months from the last AGM. This is a very important meeting where you will obtain important Clubs information, volunteer opportunities and review the financial status of the Club.

The strength of the Club lies in parent involvement. Parents are expected to be involved. Every family is required to volunteer during the season . Examples of volunteer requirements include:

- Each team will be assigned an event to manage requiring assistance and support from each member;
- Teams/Duets attending the Hilton Worldwide Invitational Meet will be expected to assist the Club to attain the volunteer target assigned by Ontario Artistic Swimming;
- One Bingo fundraiser to meet the Clubs assignment

The Executive Committee's (EC) primary goal is to represent members in the day-to-day decisions required to operate Sudbury Synchro while considering available resources, as well as the Club's

well-being. Factors to be considered include, but are not limited to:

- governing body decision and rules;
- social and physical well-being of athletes;
- educational priorities;
- financial limitations of members and organization;
- limited pool time access;
- limited coaching resources;
- limited volunteers.

6.2 OFFICERS AND CONTACT INFORMATION

Executive Committee Positions:

President: (president@sudburysynchro.com)

- Oversees all operations
- Calls and presides over executive and PAC meetings or special meetings if required
- Develops an agenda for all meetings
- Has the deciding vote in case of a tie
- Appoints, when necessary, special committees to consider and report on questions referred to them
- Attends to all business arising between meetings
- Is an ex-officio member of all committees
- Is a signing officer on the Club's bank accounts
- Attends parent, coach or other meetings as required to represent the Club
- Liaises fundraising with Delta Gaming Centre
- Assists in resolving conflicts within the Club
- Circulates all competitive Club emails

Vice-president 1

- Chairs the meeting when the President is absent or replaces the President when not available
- Attends all Executive and PAC meetings
- Chair volunteer committee
- Assists in resolving conflicts within the Club

Vice-president 2 (filled by end of September)

- Attends all Executive and PAC meetings
- Acts as a support to President and Vice-President
- Serves as a liaison to new 10U parents

Treasurer: (treasurer@sudburysynchro.com)

- Attends all Executive and PAC meetings
- Prepares fiscal budget
- Tracks revenue and expense targets
- Prepares and submits a monthly financial report and year-end report (financial statements &

tax returns)

- Is a signing officer on the Clubs bank accounts
- Prepares a draft budget as early in the swimming year as feasible
- Coordinates the collection of all orders and payment from athletes
- Records all financial receipts and brings deposits to the bank, records all invoices and pays vendors, coaches fees and expenses, Club expenses, etc.
- Records transactions for bank reconciliation, keeps all documents and records
- Completes municipal reports from gaming accounts
- Completes bookkeeping using an accounting program

Registrar: (registrar@sudburysynchro.com)

- Attends all Executive and PAC meetings
- Liaises with the Athlete coordinators and Head Coach
- Submits registrations to Ontario Artistic Swimming for competitive, novice competitive and recreational athletes and ensures payments of all registration fees to Ontario Artistic Swimming and Canada Artistic Swimming are covered.
- Collects and tracks police check reports for coaches and parent volunteers
- Registers athletes with Ontario Artistic Swimming for competitions
- Sanctions all events

Secretary

- Attends all executive and PAC meetings
- Records Executive and PAC meeting minutes
- Has available copies of minutes and brings to each meeting
- Updates the website
- Updates registration forms

Club Manager

- Attends all Executive and PAC meetings
- Coordinates pool and training venues and address any concerns, cancellations or extra requirements.
- Coordinates trainer
- Coordinates camp weekend
- Creates and maintains athlete extra figure practice schedule
- Organize venue, video, MC and photographer for Watershow
- Coordinates coaches, pool, registration for summer camp
- Organize banquet venue, awards and gifts
- Purchase and distribute and/or collect equipment

Athlete coordinator: (novice@sudburysynchro.com)

- Attends all Executive and PAC meetings
- Communicates with the Head Coach regarding program concerns and activities;
- Is an advocate for all coaches and athletes
- Is a liaison between parents and the Club

- Attends parent, coach or other said meetings as required to represent the Club.
- Assists in registering athletes for the recreational and novice competitive programs
- Attends or provides a designate to attend all Try Synchro events to assist with ensuring completion of required documents and to promote registration into programs
- Assists in preparation of the telephone and email lists for each team

Liaison

- Sits on the Board of Directors for Ontario Artistic Swimming
- Supports the Sudbury Synchro Swim Club by helping the Club to meet OAS requirements and ensuring the Club remains informed of changes to the programming.
- Attends Executive and PAC meetings.

Head Coach (headcoach@sudburysynchro.com)

- Maintains contact with the president regarding PAC and Executive meetings
- Chairs and attends all coaches' meetings
- Prepares and submits minutes from coaches' meetings to all coaches and to the EC upon request
- Advocates for all coaches
- Establishes and executes Sudbury Synchro synchronized swimming program as directed by Sudbury Synchro's mission
- Manages all aspects of coaching for each respective program
- Manages all aspect of team placements
- Adheres to Ontario Artistic Swimming Rule Book guidelines and Affiliated Aquatic Agreements
- Facilitates parental communication
- Is responsible for coordinating competitive and novice competitive bathing suits

Non-executive positions:

Travel Coordinator

- Reserves blocks of hotel rooms for competitive team competitions
- Reserves blocks of hotel rooms for novice-competitive competitions
- When required, researches restaurant/food options for teams and makes reservations if needed

Merchandise Coordinator

- Coordinates novice-competitive and competitive clothing sizing and orders
- Coordinates recreational routine bathing suits
- Coordinates "swag" merchandise

COVID Response Coordinator

- Keeping updated on policies and procedures outlined by provincial and municipal governments and public health agencies, and monitoring local daily situation reports
- Working with local facilities to comply with all public health and facility requirements
- Ensuring an Emergency Action Plan is current and complete for each training facility
- Ensuring a Health & Safety Bin that includes alcohol-based hand sanitizer and Personal

Protective Equipment (PPE) is available at each training facility

- Communicating with club managers and coaches on any training restrictions or recommendations
- Implementing an attendance process at every practice to help with communication if a suspected or confirmed case of COVID-19 is reported
- Ensuring training group size complies with public health agency guidelines
- Ensuring signage is in place so that all risk mitigation measures are easy to follow
- Being responsible for responding to COVID-19 concerns. Everyone in the club should know who this person is and how to contact them
- Being the primary contact for participants to self-report COVID-19 symptoms or exposure
- Liaising with the local public health unit for contact tracing, infection control, etc.
- Reporting any suspected or confirmed cases of COVID-19 through the OAS Injury or Illness Report Form
- Collaborating and coordinating with facilities in the instance that any new COVID-19 cases arise
- Modifying, restricting, postponing, or cancelling return to training due to an evolving COVID-19-related outbreak or emergency within the club or at the facility
- Reporting to the OAS COVID-19 Response Coordinator any COVID-19-related outbreak or emergency within the club. An outbreak is defined as 2 or more cases of COVID-19 diagnosed within a training group

7 Competitive Program Guide

7.1 REGULAR PRACTICES

7.1.1 TEAM SELECTION PROCESS

During the two-week September Team selection process (if needed), coaches assess athletes and assigns them to teams based on age and ability. It is essential that all athletes are fully present during the team selection process. For returning athletes, the coaches will also use the last season's results and coach recommendation when making these decisions. **Teams are selected solely by the Head Coach and coaching team.** Teams will be announced towards the end of the selection process. If this process is not necessary it will be indicated at the end of August, via email by Head Coach

7.1.2 GENERAL INFORMATION FOR REGULAR PRACTICES

- Team practice schedules will be emailed to each athlete or each athlete's parents by their respective coaches on a regular basis. Please read these calendars carefully as schedules do vary from month to month. Calendars are also available on the website.
- For all practices, athletes are required to with all of their equipment prepared to start on time.
- All athletes must wear a head cap, goggles and nose clip at each practice. Every athlete is required to bring a water bottle or sport drink to each practice to maintain proper hydration during practice. Coaches may require that specific athletes/teams have different equipment (i.e. running shoes), in addition to those mentioned above. If applicable, this

will be communicated once team allocations are complete.

- Parents are prohibited from being on deck during our pool time. For this reason, we ask that if you need to speak with your athlete's coach, that you make arrangements to meet before or after practice. **Please do not accompany your athlete onto the pool deck.**

7.1.3 ATTENDANCE

Attendance at all practices is compulsory unless the athlete's illness or injury is contagious or debilitating. With minor ailments it is expected that athlete's will attend practice and participate as much as possible or watch from the deck. If an athlete must miss a practice for any reason, the coach must be notified by phone, email or text prior to the start of practice.

In the rare event of a planned absence, please discuss this with the coach well in advance of the missed practice to determine possible effects on the team and allow for adjustments to the lesson plan. Have the athlete prepare a plan to make up for the missed time; this can include extra landrilling at home and stretching, etc.

Artistic swimming is a team sport and, therefore, committed and regular attendance by all team members is crucial if practice is to be productive and effective. When an athlete is absent, the coach must spend time at the next practice going over any new skills learned or changes to the routines with that athlete before the team can progress to the next step.

7.1.4 DRY LAND TRAINING

Dry land training modules include core strength training, flexibility and cardiovascular training. Details of these components will be communicated as part of the overall practice schedule. The athletes may be expected to perform additional dry land training activities at home between practices.

7.1.5 LAND-DRILLING

Land-drilling is a form of mental practice and reinforcement of the synchro routine, but done on land. All synchro athletes are taught this important basic skill, and use it to learn a routine. Each arm and hand movement represents a certain movement in the water, and is really a form of "artistic swimming sign language". Your athlete may be raising their arms, but they may actually be thinking of raising their legs. Hand and arm signs are carried out to repetitive counts of eight, and each movement is executed or held on a particular count. The counts of eight always match to a certain point to the music, and this is how the complex task of learning a routine is mastered.

In practice, teams will land-drill many times before they get into the water and work on their routine and synchronization in a way that they would not have the physical energy to do if they were repeating this task (of doing the actual routine) in the water. Land-drilling is a technique that is used throughout the season. It is expected that your athlete practice land-drilling at home.

7.1.6 FIGURE PRACTICES

All competitive athletes are required to complete one or two extra figure practices each month, outside of the regular team practices. These are included in the registration fee. There are multiple reasons for adding this requirement, the most important is that figures are worth **50% of a team's score (affecting the championship score) in competition** and, therefore, are a necessary and important component in every athlete's training.

- Athletes are required to attend mandatory figure practice as identified on the practice calendar
- Information on the availability of extra practices will be provided by the Club Manager.

Athletes who wish to have additional figure practices can inform the Club Manager. There is an additional cost for these as they are not included in the registration fee: \$10 for 30 min., \$20 for 60 min and \$30 for 90 minutes. The Club Manager will contact each family on a regular basis to establish a schedule for extra figure practices.

SYNCHRO CAMP (OCTOBER/NOVEMBER)

Included in the registration fee is a 2-day synchro camp, mandatory for all competitive teams typically held on a weekend in October or November. Athletes work on dry land skills, routine components as well as take part in team bonding activities.

7.2 COMPETITIVE MEETS

Meets are determined by the Executive Committee following review of the schedule developed by Ontario Artistic Swimming. The final meet schedule is communicated to members as soon as possible and no later than late October. All athletes must attend all meets in which their team is competing.

Documentation to assist parents and athletes in getting ready for competitive meets is sent out by each coach the week prior to the meet, including the schedule and packing list.

8 Sudbury SYNCHRO Club Events & Meetings

Standard Club events and general timing include:

EVENT	MONTH
PARENT/ATHLETE MEETING/Info session	September
ROUTINE SUIT FITTING	September
CLOTHING & FEES MEETING	September

BURNING BRIGHT	October
ANNUAL GENERAL MEETING	November
SYNCHRO CAMP WEEKEND	November
CHRISTMAS WATER SHOW	December
SPRING WATERSHOW	Late April/Early May
YEAR-END BANQUET	June

9 Routine Suit Care

Routine suits are the custom made suit worn only at shows and competitions. They are more fragile than a regular Speedo type practice suit and therefore extra care is required. They need to continue to look good until the end of the season and are not to be worn for anything other than a water show or competition unless otherwise told by your coach. **Coaches may ask that parents make headpieces to go with the routine suit or sew sequins or beads onto routine suits;** this will be communicated early in the season. Coaches will endeavor to provide instructions and materials with enough time for the work to be completed before the first competition.

Please follow the guidelines below carefully. Otherwise, the routine suit will fade and not look the same as the rest of your team's suits. If you find any sequins on the suit have come loose after a competition, please sew them back in place before the suit is worn again.

- After swimming each time, lay the suit flat on a towel and roll the towel up carefully and place in your swim bag.
- Do not roll the suit into a ball when it is wet or the colours may run on to each other.
- After each use rinse only in warm water (not soak). Do not wring the suit out, just hang to dry.
- Do not wash in your automatic washer
- Never wash with any type of detergent, even soap for fine washables.
- Hang to dry on a hanger where the suit won't touch any other clothing.
- Keep the suit on a hanger in a cupboard during the year, never in your swim bag.

10 Fundraising

Each year, Sudbury Synchronised works to manage registration costs by engaging in fundraising activities. All novice-competitive and competitive athletes are expected to participate in Club fundraising. This is crucial to the success of our Club.

The Fundraising Committee will be chaired by the Vice-President and will include at minimum one

volunteer Parent Member from each Novice and Competitive Team.

10.1 DELTA GAMING BINGO

Delta Gaming Centre is one of our most important sources of financial support. This fundraiser helps keep the athletes' fees at a reasonable cost. For this support, parents are responsible for working scheduled shifts at Delta Gaming Centre on predetermined dates throughout the calendar year. Parents are expected to attend a brief training session and to work every shift for which they are scheduled unless other arrangements are made. Each parent will earn \$100 per bingo towards their athlete's registration fee.

11 Refund Policy

Cancellation of registration refund minus the deposit fee is available prior to September 15. Any cancellation after this date will be prorated up to November 1 and no refunds are granted after this date.

12 Registration Procedures

To register for any program, complete ALL of the following forms. These can be downloaded from www.sudburysynchro.com; copies will also be available at various events.

- ✓ Registration form
- ✓ Participant agreement for minor child
- ✓ Waiver and release of liability (18+)
- ✓ Photograph and information permission
- ✓ Agreement to receive electronic communications
- ✓ Privacy consent

All signed waivers and payment (or post-dated cheques) for the complete amount of the athlete's registration fees must be submitted before an athlete enters the pool for the first team practice.

13 Programs

Novice Competitive

11 & up

No previous experience required.

This program introduces the athlete to competitive synchronized swimming but with a reduced commitment. A good fit for athletes looking to further their skills beyond the recreational level. Team attends 2-3 swim meets and perform in 2 water shows (December and April)

September to April

Pool time:

2 days a week, total pool time 5 hours a week (Tuesday and Friday);

Cost includes bathing suit for routine.

N.B. Travel expenses and equipment are not included in the team fees

Athletes with Disabilities:

The Sudbury Synchro Swim Club offers a program for athletes with disabilities. The program and training will depend on the athlete's capabilities and desire to compete. Our athletes with disabilities will participate in the same competitions and events as the rest of the Club. If you would like to be considered for this category and would like to be evaluated please contact the Club.

Competitive Synchronized Swimming (Ages 6 and up)

This program is for athletes interested in the challenge of a competitive sport. Athletes continue to develop their skill while competing at the provincial level. Competitions take place in 2 parts: individually in figures and as part of a team in routine. Figures are individual structured movements. Team scores are made up of individual score plus the score the team receives during their routine performance. Athletes practice several times per week and compete regionally and provincially at 5-6 competitions per year. The practice times and days depend on the team level. Team levels are based on the Synchro Ontario standards with team ages 10 and under, 11-12, 13-15 and 16+ (Junior team). There are specific uniform requirements depending on the team. Each year specific meets are attended based on a decision by the Head Coach and parent advisory group. There is opportunity for solo, duet and team routines.

September to May

6 to 13 hours of training a week depending on age group;

Duet and Solo routines available at an extra cost and practice;

5-6 competitions (out of town);

An additional figure practice every month for the 10U and 11-12 teams and two extra figure practices for the 13-15 and Junior teams;

Optional, semi-private, figures work (additional cost).

8 & UNDER:

To be on this team there is NO previous synchronized swimming experience required. Athletes in this age category learn the basic and fundamentals of the sport, while also enhancing their overall swimming ability and comfort in the water. Athletes typically compete in 1-2 competitions throughout the season.

10 & UNDER:

To be on this team there is NO previous synchronized swimming experience required. Athletes in this age category learn the basic and fundamentals of the sport, while also enhancing their overall swimming ability and comfort level above and below the water. Athletes typically compete in 2-4 competitions throughout the season.

11-12 Year Old Team:

Within this age category it is recommended for the athlete to have some form of previous synchronized swimming experience, but not mandatory. Athletes focus on improving the basics of synchronized swimming alongside swimming strokes and flexibility. Athletes will compete in 5-7 competitions.

AGES: 13-15:

In this age group athletes will continue to perfect and improve on their already learned basic skills and continue to expand on these skills. Emphasis on flexibility and swimming strokes continues. Athletes will compete in 5-7 competitions.

AGES: 16-20 (Junior team):

In this age group athletes will continue to perfect their already learned basic skills and continue to expand on these skills. Emphasis on flexibility and swimming strokes continues. Athletes will compete in 5-7 competitions.

Annual fees are based on Synchro Ontario and Canada Artistic Swimming affiliated fees, pool rentals, coaching fees, number of athletes and other fixed expenses. These will be made public to all the competitive families as early as possible in the season.

14 Additional Routines for Competitive Athletes

Unless there is no suitable team for an athlete, solos and duets are considered additional routines in that they are developed in addition to their team's routine. The ability to accommodate requests for additional routines is subject to factors including, but not limited to, the availability of coaches and pool time. Athletes interested in additional competitive routines should indicate their interest on the registration form. Coaches will assess athletes during the Team Selection process to determine if secondary routines are appropriate and to identify appropriate partners or teammates, if applicable. Following this, athletes will meet with the Head Coach to discuss expectations and to determine their specific training schedule. One 2-hour practice per week with the structure of practices to be determined.

Specific practice schedules will be determined following registration.

15 Sponsorship

SSSC welcomes sponsorships to the name of the Club. The Club will recognize the sponsor on the website and in any programs that are published throughout the year (ex. Christmas Water Show, etc.). If the athlete is being sponsored as an individual, it is the parent's responsibility to acknowledge the sponsor and meet the sponsor's request.

GLOSSARY

Artistic Impression Mark: Artistic impression marks are awarded for choreography, music interpretation and manner of presentation (40% of routine performance score)

Boost: an area of highlight within a routine, which normally involves an athlete being emerged from the water, with the work of the rest of the team

Championship Score: is comprised of 50% team figure marks and 50% routine score (artistic and technical marks). The championship score determines the routines final placing at the competition.

Difficulty Mark: 30% of score for level of difficulty in routine performance

Dry Land Activities: core strength and flexibility training that is practiced outside the water.

Duet: a routine comprised of 2 athletes

Execution Mark: 30% of score for routine performance

Figure: a skill performed in front of a panel of judges by one athlete at a time (e.g. sail boat alternate)

Headpiece: a decorative item that is placed on the hair after gelling, to add artistic flare. Headpieces generally match the bathing suit.

Invitational Meet: a competition hosted by a Club and not Synchro Ontario. The host Club determines the events and rules (e.g. athletes may not compete in figures at all at some meets, or perform only 2 figures)

Land Drill: This is a dry land training activity that synchro athletes do usually to music in order to practice the counts in their routines.

Pre-swimmers: Athletes who perform figures and routines for the judges before the competitors to enable the judges to discuss criteria for the event. Pre-Swimmers marks do not count in the final results.

Routine Competition: athletes compete in routines (team, duet, solo) and receive judges' marks

Solo: a routine comprised of 1 single athlete

Spacing: Club spacing occurs only at some meets. Each Club is allotted pool time to run through routines with music. This enables the athletes and coaches to get used to a different pool (depth, width etc.) as well as hear their team music on a different sound system. The athletes typically wear their Club spacing suits and Club caps.

Team: a routine comprised of 4-10 athletes

Warm-up: a time slot given to athletes at practice and at meets for athletes to limber up their muscles gradually before practice or competition; important for injury prevention.

**sources:* Ontario Artistic Swimming (ontarioartisticswimming.com) and Canada Artistic Canada (artisticswimming.ca)

Acknowledgement Form

By signing below, I hereby acknowledge that I have completely read and fully understand this Member Resource Guide for the Competitive Athletes of the Sudbury Synchro Swim Club. I have been made fully aware of the Club's expectations and my role as a parent. Furthermore, I have reviewed and understand the "Concussion Awareness Resource" (<http://synchroontario.com/about/concussion-resources/>).

I acknowledge that I have an affirmative duty to volunteer a certain amount of hours to various Sudbury Synchro Club events and day to day operations.

Parent or legal guardian's name (please print)

Signature

Swimmer's name

Date (dd/mm/yy)